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PARMESAN CHICKEN
A DINNER THE KIDS WILL LOVE {page 14}

GROUP SUGGESTS NEW NAME FOR RIPPERS
{page 2}

London nofrills lower food prices
SEE GREAT DEALS IN TODAY'S FAMILY SECTION

LONDON metro®
Monday, November 21, 2011
www.metronews.ca
News worth sharing.

Christmas. Rush

▶ Mike Cassino, 36, and Katey Sica, 21, both of London, show the Grinchy side of Christmas shopping as they struggle over a shirt while posing for a photo last week at Commander Salamander on 360 Talbot St. For the inside scoop on holiday shopping, including tips from an etiquette expert, check out page 3.

ANGELA MULLINS/METRO

Get the scoop on holiday shopping

Hells Angels returning to city: Police

Neighbours say motorcycle club's new hub is at 549 Grey St.

Grey Street residents were "concerned and uneasy" yesterday after police targeted the neighbourhood for what's believed to be a new Hells Angels foothold in the city.

Police were stopping all cars on William and Grey streets Saturday as part of the investigation, a resident said. The "spot check" was designed to identify "Ontario Motorcycle Gang members and to check the safety of their motor vehicles," police said in a statement.

The statement did not indicate what led to the police action, and a spokeswoman said additional information was not available yesterday afternoon.

Neighbours said the motorcycle club has been at the Grey Street house for about six weeks. There has been no signs of criminal activity, but the Outlaws — another motorcycle club — are believed to have a clubhouse four blocks east. Some neighbours expressed concern about a turf war.

METRO

▶ Neighbours say this house at 549 Grey St. was bought by members of the Hells Angels.

The Hells Angels house doesn't necessarily stand out when compared with others on the street. A five-foot wooden fence circles the perimeter of the property, and the driveway is gated. A sign advising people to use the side entrance is posted on the front door.

Police believe London is home to 13 Hells Angels members and one prospect. The club was basically cleared out of the city in 2008 when police seized their clubhouse at 14 Swinyard St.

METRO

1 news

Pakistan's Christian community is small, but the Muslim country's newest church is anything but. Scan the code for the story

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

In the wake of violence in Cairo's Tahrir Square, Defence Minister Peter MacKay calls on the world to join him in offering supportive words for democratic movements in the Middle East. Video at metronews.ca/canada

Follow us on Twitter @themetrolondon

Puck. Drop

▶ From left, London Knights captain Jarred Tinordi, Team Metro members Ryan Beliveau, Mark (The Machine) Hominick, Charlotte Piper and Patrick Thorogood, and Owen Sound Attack captain Mike Halmo pose for a ceremonial puck drop yesterday at the John Labatt Centre.

MIKE ARSENAULT/FOR METRO

Prize giveaways a bit of icing on Knight's win

Metro was out in full force at the Knights' game to celebrate its media partnership with the team. The celebration included giving away trips and gift certificates from London-area businesses. The Knights won the game 3-2 in overtime.

Bar owners decry smoke-ban plan

- **Proposed public-places smoking ban would affect many venues, including bar patios**
- **Laundry list of concerns cited, including safety and litter**

MIKE ARSENAULT
LONDON@METRONEWS.CA

A Middlesex-London Health Unit board plan to ban smoking in public places has some Richmond Row bars crying foul.

Owners and managers say the rules, approved by the health board Thursday and now bound for city council, would put them through the ringer, yet again.

Establishments already have shelled out a lot of money in the past eight years to get in line with new smoking regulations, they said.

"(We all) spent money to come up to compliance," Garth Brophy, manager at Barney's, said about the city's 2003 ban on indoor smoking. "When the provincial law went through (in 2005), some of that money had to be spent again to change our format to meet the provincial standards."

"At least smoking on patios is controlled. There are ashtrays, but (with the ban) the butts will be everywhere on the sidewalk."
ADAM WINKLER, OWNER OF WINK'S EATERY

Some are worried about how the ban could affect their bottom lines.

"We have two patios, actually. We have a smoking (patio) and a non-smoking patio to try to appease (everyone)," said Rich Pereira, bar manager of Jack Astor's on Richmond. "If they were to eliminate that, it would be detrimental to our business."

Money aside, Adam Winkler, owner of Wink's Eatery, cited safety concerns if people can't light up within nine metres of building entrances.

"You'll have people forced to go across the street, maybe hit by cars or be crowding around the sidewalk," he said. "How are people supposed to get by?"

Rippers offered new identity

A compromise has been tabled in the controversy over the city's new baseball team.

Megan Walker, executive director of the London Abused Women's Centre, and David Martin, owner of the London Rippers, met Friday to discuss the issue.

During the talk, Walker proposed nixing the team's logo in favour of a different image: Fungo the dog.

The dog is part of the storyline Martin has built around the team.

Critics say the existing logo draws too much of a connection to notorious serial killer Jack the Ripper.

Martin was expected to consider the proposal over the weekend, Walker said.

Martin did not return a phone call from Metro yesterday.

METRO

Roadshow kicks off

The Great Canadian Roadshow will be at the Days Inn, 1100 Wellington Rd. S. from today. The show will match donations made to the Heart and Stroke Foundation.

METRO

'Tis the season to mind your manners

Etiquette and retail experts say shoppers get crankier, tempers get shorter as Christmas nears

ANGELA MULLINS
@METRONEWS.CA

It's the perfect colour. The size looks right. The price is right on the money.

But just as you dash toward the shelf, mentally ticking an item off your Christmas-shopping list, someone else snatches it up.

What's a haggard holiday shopper to do?

Take a deep breath and mind your manners, says Jan Cottle, an etiquette expert.

"If someone's got there first, they've gotten there first, and fair is fair," said Cottle, an international protocol consultant and owner of Etiquette London. "You have to be gracious and let them take it."

While it's easy to let what your mama taught you fly out the window during the Christmas rush, local retail workers and Cottle offered up some advice for keeping things merry and bright.

Wake-up call

- If you can't handle the rush, consider shopping early in the day when malls typically are less busy.

• **Don't be a pig.** Leave dressing rooms neat and pick up merchandise that falls from display racks.

• **Blame game.** If a store is out of something, don't get angry with the clerk. It's out of their control.

• **Hi time.** Take a sec to greet clerks and don't rush them if they're asking questions. They're just trying to help, and a simple "Hello" goes a long way.

• **Hang it up.** Talking and texting are no-nos at the cash register.

• **Be considerate.** You're not the only person in the world. Keep others in mind for every move you make.

• **Do it yourself.** Store clerks aren't personal assistants. They can help you find the perfect gifts, but you need to have a general idea of what you want.

ANGELA MULLINS/METRO

▶ Shoppers make their way around Santa's workshop last week at White Oaks Mall. The Christmas shopping season starts after Remembrance Day and gets busier every week through Boxing Day. As the rush crescendos, shoppers generally get grumpier and more stressed, retailers say.

Horror stories

We asked people in person and via social media if they had any Christmas-shopping horror stories. Here's what they said:

Shannon Wood
36, LONDON
I once had a little senior, a little lady, attack me with a walker as I was trying to get one of those Tickle Me Elmo (dolls). She was not letting me past. She just kept ramming her walker into me.

Kevin Morais
43, TORONTO
When I was in retail, it was just crazy. Christmas is supposed to be about people getting together and being friendly and loving, and it was the complete opposite. People would be fighting each other and pushing. They're just negative and stressed out.

Margo Doxtator
28, LONDON
When there was, like, one item left, I (saw) people fight over it. (It was) a young woman and an older person. It was really scary to see the older woman get taken advantage of.

Online shopping FTW?

Some of our you would prefer to avoid the mall.

- **@BHRaymond:** Mall Parking! Enough said...
- **Tylau F. Cox:** U could probably just write "christmas-shopping" and it would work as a horror story! Viva-la-online shopping!
- **Anne Arnott:** Going shopping anytime near the Christmas season gives me nightmares. Where is all that stuff going to end up? I'd rather stay home and watch the Grinch with the kids :)

Share your holiday shopping horror or success stories with us @themetrolondon

THOMAS K. FOWLER/THE ASSOCIATED PRESS

▶ In this image made from video, a police officer uses pepper spray as he walks down a line of Occupy demonstrators sitting on the ground at the University of California, Davis on Nov. 18. The video – posted on YouTube – was shot as police moved in on more than a dozen tents erected on campus and arrested 10 people, nine of them students.

Pepper spray use investigated

Twitter, Facebook comments criticize police action
Such images have served to galvanize support

Two University of California, Davis police officers involved in pepper spraying seated protesters are being placed on administrative leave as the chancellor of the school accelerates the investigation into the incident.

UC Davis Chancellor Linda Katehi yesterday said she has been inundated with reaction over the incident, in which an officer dispassionately fires pepper spray on a line of sitting demonstrators.

Video of the incident was circulated widely on YouTube, Facebook and Twitter on Saturday, and the university's faculty association called on Katehi to resign, saying in a letter there had been a "gross failure of leadership."

Katehi said she takes "full responsibility for the incident" but has resisted calls for her resignation, instead pledging to take actions to make sure "that this does not happen again."

However, a law enforcement official who watched the clip called the use of force "fairly standard police procedure."

In the video, an officer pepper-sprays a line of sitting protesters who flinch and cover their faces but remain passive with their arms interlocked as onlookers shriek and scream out for the officer to stop.

The protest was held in support of the overall Occupy Wall Street movement targeting economic inequality and in solidarity with protesters at the University of California, Berkeley who were jabbed by police with batons on Nov. 9.

THE ASSOCIATED PRESS

View the video online at metronews.ca.

Some Occupy campers have full-time jobs

SHELLEY WILLIAMSON/METRO

▶ Brooke B. and her dog Bill warm up in an Occupy Edmonton tent between shifts.

SHELLEY WILLIAMSON
IN EDMONTON

Occupy Edmonton wants to clear up a misconception.

Of the core group of regular campers at Jasper Avenue and 102 Street site, five or six are full-time students and another five leave daily for full-time jobs, said a spokesperson.

"I am in my last year of political science and then plan to go to law school," said Mahad Mohamed, 23.

One member juggling Occupy camp duties and working full-time is Brooke B., a former Westin chef who now waits tables at night.

She's also a mom of two and hung up her chef's jacket — and its 60-hour work weeks — to raise her kids, aged nine and a year and a half. She also pays taxes. Brooke said she was bothered by comments posted online in response to a news story recently, saying the protesters should all get jobs.

"It's a logical fallacy," said Brooke. "But it's frustrating. ... We're here holding this ground so we can get this message to more people."

She stays full-time at the camp, with her partner and kids, since they winterized.

"I've always felt that there were gross inadequacies in our society. This movement just resonated. It's time," said Brooke.

Asbestos export causes Tory dissent

A growing number of Conservative MPs are questioning their government's position on the export of asbestos, with a group of them independently summoning industry experts to a meeting on Parliament Hill last week.

Solid caucus discipline has been one of Stephen Harper's political achievements. THE CANADIAN PRESS

Prison plan angers town residents

In one of South Florida's upscale, rural enclaves, town leaders decided to bring in much of their money from an unusual business: a prison.

Only the leaders of Southwest Ranches kept their plans quiet from residents for almost a decade. Many residents found out this year, and they're angry.

THE ASSOCIATED PRESS

Activists to hound Davos summit

Activists inspired by the Occupy Wall Street movement say they will follow the world's political and business elite to their annual Alpine retreat in Switzerland in January.

Left-wing groups in Switzerland say their plans include building an igloo camp outside the World Economic Forum in Davos. THE ASSOCIATED PRESS

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Egyptian protesters battle police, soldiers

- People fear stalwarts of Mubarak's party could win seats in elections
- Concern over plan to shield military from any civilian oversight

TARA TODRAS-WHITEHILL/THE ASSOCIATED PRESS

▶ A protester gestures during clashes with Egyptian riot police, not seen, near the interior ministry in Cairo yesterday.

Egyptian soldiers and police set fire to protest tents in Cairo's Tahrir Square and fired tear gas and rubber bullets in a major assault yesterday to drive out thousands demanding that the military rulers quickly transfer power to a civilian government. At least 11 protesters were killed and hundreds were injured.

It was the second day of clashes marking a sharp escalation of tensions on Egypt's streets a week before the first elections since the ouster of longtime authoritarian leader Hosni Mubarak in February. The military took over the country, promising a swift transition to civilian rule. But the pro-democracy protesters who led the uprising have grown increasingly angry with the ruling generals, and suspect they are trying to cling to power even after an elected parliament is seated and a new president is voted in.

Street battles continued throughout the day and long into the night, spreading to side streets and sending a wave of injuries to makeshift clinics on the streets.

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Riot police throw stones at protesters. Violence resumed yesterday after police fired tear gas and rubber bullets to try and clear about 5,000 protesters at Tahir Square.

The military-backed Cabinet said in a statement that elections set to begin on Nov. 28 would take place on time and thanked the police for their "restraint," language that is likely to enrage the protesters even more.

"We're not going anywhere," protester Mohammed Radwan said after security forces tried unsuccessfully to push the crowds out of Tahrir, the epicenter of the uprising. "The mood is good now and people are chanting again," he added after many of the demonstrators returned.

"We have a single demand: The marshal must step down and be replaced by a civilian council."
AHMED HANI, PROTESTER

The two days of clashes were some of the worst since the uprising ended on Feb. 11.

They were also one of only a few violent confrontations to involve the police since the uprising. The black-clad police were a hated symbol of Mubarak's regime and after the uprising, they have largely stayed in the background while the military took charge of security.

The military, which took over from Mubarak, has repeatedly pledged to hand power to an elected civilian government, but has yet to set a specific date. The protests over the past two days have demanded a specific date be set.

According to one timetable floated by the army, the handover will happen after presidential elections late next year or early in 2013. The protesters say this is too long and accuse the military of dragging its feet. They want a handover immediately after the end of the staggered parliamentary elections, which begin on Nov. 28 and end in March.
THE ASSOCIATED PRESS

Libya to try Gadhafi's son Seif at home

MICHAEL KAPPELER, DAPD/THE ASSOCIATED PRESS FILE

▶ Seif al-Islam Gadhafi

Libya's new leaders said Sunday they will try Moammar Gadhafi's son at home and not hand him over to the International Criminal Court where he's charged with crimes against humanity. The government also announced the capture of the toppled regime's intelligence minister, who is also wanted by the court.

However, the former rebel faction that captured Seif al-Islam Gadhafi a day earlier is refusing to deliver him to national authorities in Tripoli, raising concern over whether he will get a proper trial and demonstrating the interim leaders' weak hold over their fractured nation.

In the capital, Information Minister Mahmoud Shammam said ex-intelligence minister Abdullah al-Senoussi was captured yesterday by revolutionary fighters. **THE ASSOCIATED PRESS**

NEW YORK

Alleged bomb plotter arrested

Mayor Michael Bloomberg yesterday said an al-Qaida sympathizer who allegedly plotted to bomb police and post offices in New York City has been arrested on numerous charges.

Bloomberg announced the Saturday arrest of 27-year-old Jose Pimentel of Manhattan, a U.S. citizen originally from the Dominican Republic.

"He appears to be a total lone wolf. There is no evidence that he worked with anyone else," the mayor said at a news conference.

Pimentel is accused of having an explosive substance that he planned to use against others and property to terrorize the public.

The charges include conspiracy, first-degree criminal possession of a weapon as a crime of terrorism, and soliciting support for a terrorist act.
THE ASSOCIATED PRESS

Tehran bans pro-reform newspaper

Iran's official news agency says that authorities have banned the pro-reform Etemaad daily for two months on the charges of insulting officials and "spreading lies".

The paper had run an interview with the press adviser to President Mahmoud Ahmadinejad, Ali Akbar Javanfekr, on Saturday.

Javanfekr criticized conservative opponents of Ahmadinejad for the arrest of dozens of the president's allies over the past months.
THE ASSOCIATED PRESS

Iran leader's advisor imprisoned

The Iranian president's press adviser has been sentenced to a year in prison on charges of "publishing materials contrary to Islamic norms," the official IRNA news agency reported Saturday.

Ali Akbar Javanfekr has also been banned from journalism activities for three years, IRNA said.

Javanfekr is just the latest of dozens of President Mahmoud Ahmadinejad's political backers to be targeted by hard-line opponents. This appears to be part of an internal power struggle. **THE ASSOCIATED PRESS**

JEFF HODSON/METRO

60 seconds

▶ David Chilton, author of The Wealthy Barber Returns, at the Pan Pacific in Vancouver yesterday.

THE WEALTHY BARBER RETURNS

'A LOT OF THE MOST SUCCESSFUL INVESTORS THAT I RUN ACROSS DON'T PAY ANY ATTENTION'

JEFF HODSON
@METRONEWS.CA
METRO CANADA IN VANCOUVER

David Chilton, author of The Wealthy Barber, which sold a whopping two million copies in Canada, chatted with Metro about his new book, The Wealthy Barber Returns.

Why did you decide to write a second book?
It was frustration. We've gone backwards in the last five to 10 years. We're starting to spend more than ever and save less.

How is it different?
It's dated now at 22 years, but for the most part The Wealthy Barber was conventional wisdom, repackaged in a format that made it more accessible. This book is more my opinions and my observations. ... This isn't about the numbers, most of the mistakes that people make are because they're sabotaging their own situations through psychological breakdowns.

What advice do you give?
We can't continue to pay two and three per cent to mutual-fund-management companies. They have the right to be profitable, but they're too profitable in Canada. ... You're not looking for anything for free, but it has to be at a more reasonable level. The second piece of advice is to put up with the volatility. You can't keep jumping in and out of the markets. ... Inevitably you're going to jump in and out of the markets at the wrong time. ... A lot of the most successful investors that I run across don't pay any attention.

What was most challenging about writing the book?
On stage when you use humour, you can use intonation and facial expressions. When you take that away and use only the printed page, it's way harder. Occasionally I would write something down I thought was funny. I would read it to someone on the phone and they'd think it was funny, but I'd have someone read it and they'd say, "I don't think it's funny."

Why does the format work?
Short chapters and a lot of humour. We've seen such a difference in the past 15 years in terms of people's attention spans. They're so trained to want things in short bursts. Long, text-heavy books don't work. When it comes to finance, where people are intimidated to begin with, if you throw 38 pages at them without a break they're never going to get through it.

Tips from David

- A relatively small cutback in your spending can dramatically increase saving.
- People who live within their means tend to be happier for the obvious reasons, but also because they are not consumed with consumption.
- We tend to judge people not by their net worth, but by the amount of their material possessions.
- Free flights earned through excessive loyalty credit card use are akin to the "free" hotel rooms offered to heavy gamblers.
- Saying "I can't afford it" is not an admission of failure.
- Saving should come first and borrowing later. Many Canadians live it the other way round.
- Good savers have areas of indulgence, but know that high spending in one area requires discipline in others.
- Stick to a balanced, diversified financial portfolio and focus on the long-term.

Cheese please? Get ready to pay for it

Last week, old cheddar was $3.58 in Washington, $4.85 in London, and $6.99 in Montreal

Canadian cheese lovers, Marianne Renaut feels your pain.

The Belgian-born Quebecer is shocked by the high price of Canadian dairy, and grocery store trips rekindle a longing for the bargains available in Europe.

So what's the story with Canadian grocery prices? It begins with supply management.

The system is a hidden, ubiquitous part of everyday life. It affects the market for Canadian milk, cheese, yogurt, chicken and eggs — which can be vastly more expensive here than in the U.S., with the gap widening, according to the OECD.

A staple of the rural economy, it's now the subject of a heated debate, amid international free-trade talks and growing doubt about its future.

The decades-old system was designed to protect Canadian farmers from volatile market fluctuations with made-in-Canada minimum prices. It also imposes tariff controls on foreign competition and sets quotas for domestic producers.

Critics say it artificially drives up prices at the cash register and limits innovation. Farmers, meanwhile, argue that it preserves their way of life and cross-border price comparisons only tell part of the story.

News last week that the federal government might face pressure to abandon it during negotiations for a trans-Pacific trade zone created political sparring. But the protectionist system appears secure, at least in the short term. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and his wife Laureen visit a dairy farm while campaigning in Acton Vale, Que., yesterday.

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Italian PM asked not to run next term

Silvio Berlusconi revealed in an interview yesterday that his party had asked new Premier Mario Monti not to run for office beyond his present term as part of negotiations to secure the Italian economist with crucial support from Parliament's largest force.

The billionaire businessman, speaking to Corriere della Sera, reiterated that his party would decide on its support for Monti measure by measure. He also indicated he won't budge in his opposition to a tax on wealth that Monti is considering as one of his first actions to bring in revenue.

Monti — a former European Union competition commissioner, who replaced Berlusconi as premier last week — is leading a new government tasked with trying to save the country from financial ruin. In just under a week, Monti has assembled a Cabinet of bankers, business executives, professors and other non-elected technocrats like himself.

While he has easily won confidence votes, he will need the support of Berlusconi's conservatives — the largest party in Parliament — to push through harsher austerity cuts and new taxes likely to be unpopular with Italians.

Berlusconi, asked in the interview if he and his forces had asked Monti to renounce plans to put together a campaign lineup, replied: "It's true. We asked him and all his ministers to publicly commit themselves to not run as candidates in the next elections." THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 23.0 (11,892.44)	+ 0.10¢ ($97.35¢ US)

Oil	Natural gas
- $1.41 US ($97.41 US)	$3.3160 (- 9.4¢)

Gold
$1,725.10 (+ $4.90)

Popular Party most popular: Poll

Spain's Socialists await official results before accepting their defeat

An exit poll said Spain's opposition conservatives scored a landslide win to oust the ruling Socialists in general elections yesterday that were dominated by staggering unemployment and Europe's debt crisis.

The Popular Party led by Mariano Rajoy has won an absolute majority in parliament, according to the TNS-Demoscopia survey by Spain's state-run television, obtaining between 181 and 185 seats, compared to 154 in the last legislature. A majority in the lower chamber is 176.

The Socialists, saddled by a 21.5 per cent jobless rate, plummeted from 169 seats to between 115 and 119 seats, according to the poll. The numbers suggest Spanish voters have shifted clearly to the right as they confront their worst economic crisis in decades and choose new leaders to pull them out of it.

The country is at the forefront of Europe's debt crisis, with the Spanish government's borrowing costs rising last week to levels near other countries such as Greece, Ireland and Portugal, which have relied on huge bailouts.

If Rajoy does win, it will come after two election-bid losses, and present him with the challenge of resurrecting an economy that posted no growth in the third quarter of this year.

EMILIO MORENATTI/THE ASSOCIATED PRESS

▶ Popular Party Leader Mariano Rajoy

THE ASSOCIATED PRESS

Chevron owns up to oil spill

The head of Chevron's Brazil operations says the company is taking full responsibility for an oil spill off the South American nation's coast.

George Buck says the spill on Nov. 7 happened because Chevron underestimated the pressure of an underwater oil reservoir while drilling, which caused oil to rush up the bore hole and seep into the surrounding seabed.

Buck said yesterday that the oil began leaking through seven narrow cracks within 150 metres of the well head. He says between 1,590 litres and 15,899 litres are leaking each day. Brazilian regulators say more than 416,400 litres of oil have spilled into the Atlantic ocean.

SILVIA IZQUIERDO/THE ASSOCIATED PRESS

▶ A Greenpeace activist protests the oil spill.

THE ASSOCIATED PRESS

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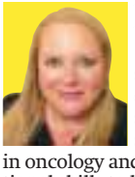
EASING FEARS OF CANCER DIAGNOSIS

URBAN COMPASS

JILL ELLIS
METRO LONDON



Cancer is a scary word, and being diagnosed with it must be terrifying. Dr. Annette Richard opened a clinic, called FACE It, two years ago to help take away some of that fear, to answer patients' questions and those of their partners.

Eleven years ago, soon after Richard started her family practice, a friend was diagnosed with breast cancer. "She was a single mother with three daughters and she was terrified. I was always interested in oncology and palliative care and marshalled my motivational skills to help her get through it," says Richard.

She helped her friend navigate a year of surgery, recovery and chemo by talking about dragon boating as a long-term reward. That led to the founding of the Rowbust team — London's first team made up of cancer survivors.

> **"They called one of the boats after me because they said I gave them hope after breast cancer."**
> DR. ANNETTE RICHARD

"They called one of the boats after me because they said I gave them hope after breast cancer," Richard says.

FACE It (the name stands for From Anxiety and Confusion to Empowerment) came about in much the same way. When Richard learned that mastectomy is now day surgery, she was flabbergasted and set about finding a way for women and their partners to become informed and empowered about their situation.

That empowerment comes in a number of forms.

Emotional: She helps patients and their partners prepare for what to expect post-surgery — what the scar will look like, wound care and how to handle drains. A life-size mannequin, named Susie Success by the daughter of a former patient, demonstrates what a person looks like after having a mastectomy. "They are thinking, 'What is my partner going to think when she or he sees me?' They can stand side by side looking at the mannequin, not looking at each other. It gives the partner a chance to see what their loved one is going to look like, so when they see them they're prepared," says Richard.

Practical: Richard shows the partner how to deal with the some of the physical aspects. "The loved ones don't know what they can do besides hold their hand. There's fluid coming out the incision site and changing bandages and drains is something that has to be done. We practise with theatrical blood from Stratford (Theatre)."

Richard has partnered with Fanshawe College's fashion-design department to offer blankets, pillows and tie-on tops to make post-surgery life easier for patients. These services and products are all free, paid for through donations or with money from Richard's own pocket.

"They call (cancer treatment) a journey, but it's hell on wheels. With a journey you stop at a roadside restaurant, drink wine and take pictures," Richard says, quoting a patient.

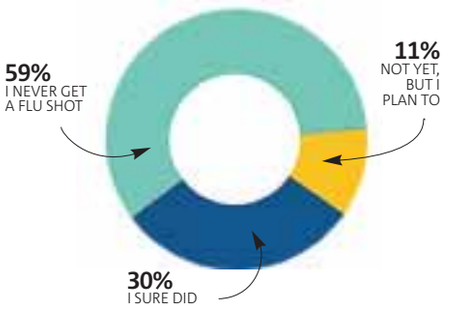
She helps turn that trip to hell into a better journey. "I'll explain it all to you; I can help you understand what it means in laymen's terms. I'll get your results to you quickly and help you with treatment options."

For more, go to faceitlondon.com.

Metro Panel

Register at metropolitanpanel.ca and take the quick poll

Have you received a flu shot this year?



Local tweets

- **@Saralyn-Russell:** study, party, study ... 4am and still going #energy #uwo
- **@caitlawl:** Lol @ drunk people who go to #uwo and are lost on campus
- **@chelswestwood:** I love growing up sometimes #pumped #fanshawe
- **@mackenzielemire:** I've met so many awesome people at #Fanshawe, it's going to be difficult to all go our own ways.
- **@Shawnanana1:** What a beautiful day for a walk in #ldnont
- **@SUNtravelgal:** Bit o' blue sky better than none #ldnont
- **@SuzanneHajdu:** I'm sorry but I like the name of the new baseball team in #ldnont. The London rippers. Gives some juice to an otherwise stifling City.
- **@pyxiegyrl:** Started the day w/ a run in Central Park #nyc and ending it at a @heyrosetta concert in #ldnont. Pretty good Sunday if I do say so myself!
- **@supdee:** 5 assignments separate me from the end of term and studying for 2 exams...bring it on #motivation #uwo

Worth Mentioning

ANOTHER CANADIAN CLICHÉ PUT TO REST. A survey conducted for Environment Canada suggests not all Canadians are actually obsessed with the weather.

Only 70 per cent said they're very likely to check the forecast on a typical day and only 63 per cent said the forecast is important to them.

And while 79 per cent of Canadians thought it's important that meteorologists be right about how much it's going to snow, that was down five percentage points from 2002.

"Most Canadians ... feel that the weather information they receive provides enough information to make decisions or plans," the study says.

The survey suggests a growing number of Canadians are getting weather information off the Internet, but TV and radio remain the first and second choices for respondents, with weather-specific channels topping the list.

When it comes to warnings, most Canadians get that information from local radio, the study says.

THE CANADIAN PRESS

photo of the day

Metro PHOTO CHALLENGE

▶ This photo titled Stormy Lamppost, was submitted to the Imagination category by Orange and Green from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophoto-challenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Caribou play peekaboo

A vast herd of northern caribou that scientists feared had vanished from the face of the Earth has been found, safe and sound — pretty much where aboriginal elders said it would be all along.

"The Beverly herd has not disappeared," said John Nagy, lead author of a recently published study that has biologists across the North relieved.

Those scientists were shaken by a 2009 survey on the traditional calving grounds of the Beverly herd. A herd that once numbered 276,000 animals seemed to have completely disappeared, the most dramatic and chilling example of a general decline in barren-ground caribou.

But Nagy's research — and consultation with the communities that live with the animals — concludes differently.

It turns out that the Beverly herd has simply shifted its calving grounds.

Nunavut government biologist Mitch Campbell said a survey suggests Beverly numbers remain healthy.

While scientists are excited, aboriginal elders are more likely to shrug.

Next time scientists should pay them a little more mind, Campbell said. THE CANADIAN PRESS

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Statler and Waldorf have their say

The Muppets' curmudgeonly critics give their opinion of the latest movie from Kermit and his crew The review might not be accurate — Statler kept his eyes closed for most of the film

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The return of The Muppets wouldn't be complete without their constant critics, those perpetual balcony fixtures Statler and Waldorf who've been hurling insults at Kermit the Frog and his gang since the beginning. The venerable old codgers weren't doing a lot of press for The Muppets, but they did agree to speak with Metro — but that didn't mean we could get a straight answer out of them.

Have you seen the new movie The Muppets yet? And if so, what do you think of it?

Statler: I loved the movie. Amy Adams is beautiful and funny. Jason Segel is hilarious. Chris Cooper makes a great bad guy. And the star cameos are amazing!

Waldorf: Yeah, but what about The Muppets?

Statler: I closed my eyes during those parts.

Waldorf: But The Muppets are in most of the movie. You kept your eyes closed for most of the movie?

Statler: Sure. That's why I liked it so much.

Is there anything special you'd like to say to our readers in Latin America?

Statler: Buenos dias! Mi casa su casa!

Waldorf: You old fool, you just invited Brazil, Colombia and Chile over to your house.

Statler: Oh… in that case, "His casa is su casa!"

Waldorf: Can I answer the question now?

Statler: Stranger things have happened.

Waldorf: Well, I just want to say to our friends in Latin America: See The Muppets. Cause there's nothing like great entertainment…

Statler: Yeah, and The Muppets are nothing like great entertainment.

What are you looking forward to in 2012?

Statler: The end of the Mayan Calendar.

Waldorf: Yeah, we were there when they first made it; we want to see how it ends.

Statler: We're also looking forward to changing our socks.

Waldorf: Gee, you're right. It's an even number year. Time sure flies...

Statler: Oh, and we're looking forward to waking up each day and not seeing our names in the obits.

Waldorf: Yeah, when you're as old as us, "Today is the first day of what's left of your life."

And finally, do you have any tips for our readers on how to celebrate the holidays this year?

Statler: Spend the holidays with The Muppets

Waldorf: Yeah! And keep 'em away from us!

S&W: Ho Ho Ho!

Why the Simpsons doesn't get old

Show's 500th episode to air in February Metro chats with the man who made it all happen

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Despite a contract squabble earlier this year that might have brought an end to the Simpsons, Matt Groening's animated comedy is still kicking — and will be indefinitely, he says.

But how does a comedy stay fresh after 23 seasons? And what would an end look like? Series creator Groening says he doesn't plan to be around to find out.

Do you already know how the show is going to end? Do you have the last episode in your mind?

I think everybody who works on the show has a secret final episode in mind. I had my idea, but my idea already got used up 10 years ago.

However, we inadvertently, accidently might have already animated one we thought might be the final episode, and that is our Christmas episode coming up, which shows the Simpsons in the future. Surprisingly enough, things don't work out well for Bart.

What's the secret to keeping a show going for more than 20 years?

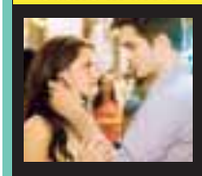
I think the Simpsons is basically a forum for different kinds of comedy. It's not any one kind of comedy. It started out I think, in a more limited way, but now we do everything.

We tried different kinds of jokes and different styles ... and our range of references go from truly obscure literary references to the most dumb, broad comedy that you can imagine.

We aren't thinking about the audience so much as about surprising ourselves. As long as we surprise ourselves, we will continue to surprise the audience.

2 scene

Scene in brief



The Twilight Saga has staked out another huge opening with a $139.5 million first weekend domestically and a worldwide launch of $283.5 million. The domestic total gives The Twilight Saga: Breaking Dawn - Part 1 the second-best debut weekend for the franchise, after the $142.8 million launch for 2009's The Twilight Saga: New Moon. The movie's debut weekend was the fifth-best on record. But the Warner Bros. dancing penguin sequel Happy Feet 2 stumbled in its debut, pulling in just $22 million over opening weekend. That's barely half what the first film in the animated franchise earned in its 2006 opening. The previous weekend's No. 1 movie, Immortals, fell to third-place with $12.3 million, raising its domestic haul to $53 million.

THE ASSOCIATED PRESS

Tony Award-winning actress Christine Ebersole cast in TBS comedy pilot Sullivan and Son.

Hoping to Enlighten viewers

Series gains fan base Waiting on word if renewed for another season

STEVE GOW
SCENE@METRONEWS.CA

It's ironic but the personal meltdown that accompanied the cancellation of Mike White's last series, Cracking Up, led the writer and actor to his latest acclaimed TV show.

"I had TV experiences that have been really painful in that you kill yourself and then they bury the show," said the School of Rock writer/star recently about returning to television with Enlightened.

"Sometimes the hardest part is going back to real life and try to put these idealistic notions into practice and I think that's sort of the spirit of what the show is."

Co-created with Laura Dern, the HBO series examines a woman who returns to her corporate lifestyle with a new-age lease on life after having a very public breakdown at the office.

"They're in it for a different endgame than other places and because their endgame is different, the whole process is different, the product is different and for someone like me, you couldn't ask for anything more."
MIKE WHITE ON HBO

Like many of White's more independent films (such as Chuck & Buck), the comedy has a melancholic subtlety.

"Because the character isn't an every-person, you kind of have to decide to follow her," said White.

"The cool part of TV is that you can continue to unfold a story and show a character in all of its dimensions and I think that hopefully the quality of the show will keep people coming back to it."

Enlightened has been steadily gaining fans and as White waits to hear whether the series (which airs Mondays on HBO Canada) will be renewed for another season, he remains unsure of whether another meltdown is also on the horizon.

"(I'm) facing it with a mixture of anticipation, excitement and kind of dread because it's a lot of work," laughed White.

"At the same time, there's something about this character that I relate to and in a way I think this first season is all set up ... the story of someone going up against a company and trying to change it from within can really get juicy."

Resumé

A few Mike White projects:

- **Nacho Libre:** Writer (2006)
- **School of Rock:** Writer/actor (2005)
- **Orange County:** Writer/actor (2002)
- **Chuck & Buck:** Writer/actor (2000)
- **Dawson's Creek:** Writer (1998-99)

KEVIN WINTER/GETTY IMAGES

▶ Mike White and Laura Dern are co-creators of Enlightened, which airs Mondays on HBO Canada.

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Is Moore into women?

Sources say Ashton and Demi had an 'open marriage' for years

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

ALL PHOTOS GETTY IMAGES

Ashton Kutcher's alleged infidelity may have been the last straw in his marriage to Demi Moore, but sources tell Star magazine that the pair's rumoured "open marriage" had been a strain for years.

"Everyone in Hollywood knows about their arrangement, but they've managed to keep it a secret from the general public," a source claims.

"Demi is attracted to women just as much as men, so she didn't always get all she needed from Ashton. She was cool with Ashton having flirtatious relationships, too.

▶ Back when they were a Hollywood power couple: Ashton Kutcher and Demi Moore.

Somehow they made it work all these years. Both of them were respectful of each other. It was a lot of fun for them."

But Kutcher's pair of cheating scandals, including his reported tryst with a young woman during his and Kutcher's sixth anniversary, were apparently too much for Moore, who filed for divorce late last week.

What PR person leaked that crazy information?

Because, yeah, everyone knows so many marriages are broken up because the wife is hot, likes threesomes and is "cool" with outside arrangements.

What horror that must have been for Kutcher! How he survived, I have no idea.

"Demi is attracted to women just as much as men, so she didn't always get all she needed from Ashton. She was cool with Ashton having flirtatious relationships, too."

SOURCE

▶ Rihanna

Rihanna not in love with the single life

Rihanna says she's currently single — and not loving it.

"I'm not dating anyone right now. I'm not dating at all," she tells Ellen DeGeneres.

"I'm not necessarily happy being single. It's not really that cool."

But if she were to start dating someone, she'd need him to take charge, she admits.

"You know, I can't really be the man for you. I don't want to have to be," Rihanna says.

"I'm the man at work all the time. I do put a lot into my job. Most of my time, if not all of it. It definitely affects my personal life." METRO

The pitter Perry of little Katy feet soon?

When her tour wraps up this week, Katy Perry is reportedly planning to take some time off to "work on her family," according Hollyscoop.

As to what needs work, sources say Perry and husband Russell Brand are looking to expand their household with a baby.

"I would love to have children. I think that's one of the reasons you get married. Especially to the person that you marry. You think, that person is going to be a good partner, a good parent," Perry said during a recent interview with Ellen DeGeneres.

▶ Katy Perry

As for how many kids she and Brand may have?

"If it doesn't hurt the first time. I'll keep popping them out," Perry said. METRO

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3 life

Kids fix the world

A class of first graders put their heads together to come up with cute fixes for a few global crises

On ending war

STEVE MEYER/METRO WORLD NEWS

We're in two wars! — Marlena

I know why they keep on fighting — because other people want more money. — Isaac

We need to say we don't want this war to happen anymore. We want it to stop. — Marlena

They would just ignore us and keep shooting the guns. I really like war. I want to be in the army. — Miles

Disaster relief

If I was in a tsunami, I would get my boat. — Rowan

And you could give them money and make sure they got enough food...and sleep. — Marlena

And had the right medicines. — Ella

I would jump into the water to save people. — Rowan

Oh, that would be a bad idea! — Ma-Sadio

Largest Ronald McDonald House for families with sick kids opening in Toronto.

On Occupy Wall Street

STEVE MEYER/METRO WORLD NEWS

People are marching in the park because they clean stuff a lot and they're not making enough money to get paid. — Ma-Sadio

They want the world to change. — Marlena

My daddy says it's the bankers' fault. — Ella

I want people to stop playing in the streets, and I want cops to stop arresting people. — Marlena

I just want protesters to stop breaking stuff. — Isaac

If I was poor and people gave money to me, and they were poor again, I would give them the same amount of money back so we could all be middle class. — Marlena

RAVEN SNOOK
LIFE@METONEWS.CA
METRO WORLD NEWS

On 9/11

My mom told me that they thought America was messing up the world. — Isaac

Why did the man knock down the Twin Towers? — Jahlani

They were really mean men that wanted to knock it down. Someday we're going to celebrate the Twin Towers' birthday, and we'll talk and find out the truth. —Marlena

STEVE MEYER/METRO WORLD NEWS

STEVE MEYER/METRO WORLD NEWS

On unemployment

If someone didn't have a job, I would tell them that they could come and work for me. They could bake me something. — Akasha

I would give them money, so that they could buy a job. — Marlena

I'd give away my mom's or dad's job. — Lucy

People who don't have jobs can help the people who do have jobs. — Nakamae

My daddy doesn't really have a job but he takes care of me and my sister. — Nakamae

On world hunger

STEVE MEYER/METRO WORLD NEWS

I would buy food and I would go to every country and give them food. I would make them something — like cupcakes. — Jahlani

I'm not sure Jahlani's idea is a very good idea because some people in other countries don't eat the same kind of food as us. I would give them the food that they eat in their country. — Nakamae

Like if people didn't have enough food in China, I would call and ask the restaurant to deliver me dumplings and then I'd give them lots and lots of dumplings. — Marlena

I would just buy them all different types of food every day and then I would protect them because I would be their super butler. Like from Batman. — Miles

▶ Dem Babies: already online

Baby's first steps online

Is it OK to give your kids an online presence and digital footprints before they are old enough to use the Internet themselves? Is it dangerous to put your child on the web?

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Mariah Carey and Nick Cannon caused a stir recently when they created dembabies.com, a website dedicated to their newborn twins Moroccan and Monroe, complete with intimate shots.

But the Carey-Cannons are not the only family giving their kids an online presence at such an early age. Babies are now on Twitter and YouTube. Facebook even has an option to add an 'expected' member of the family, complete with due date.

The average child's 'digital birth' is at about six months old, according to a global report by Internet security specialist AVG. But 33 per cent of photos of children posted are just weeks after their birth, and almost a quarter have a digital footprint before they're even born, with sonogram photos. A massive 81 per cent of children have a digital profile by age two.

"Parents should bear in mind that as soon as they post something online it is often impossible to remove it," warns Pamela Whitby, author of Is Your Child Safe Online? A Parent's Guide To the Internet, Facebook, Mobile Phones & Other New Media. "By creating a digital presence for your child at a young age you may be compromising their privacy."

Dangers include misappropriation of photos and identity theft if too many details are revealed, says Whitby. "Also be aware that if you start posting their likes and dislikes, you will be targeted with products or services by marketers," she advises.

Online exposure has long-term implications. "Parents should consider carefully the future implications of the data that they are sharing, such as whether or not it will affect if their child gets into the school of their choice, career prospects and whether their child will be embarrassed by the picture," says Stephen Balkam, founder and CEO of the Family Online Safety Institute.

There's also a potential impact on your own relationship with your child. "Parents should ask themselves how they would feel if every aspect of their own childhood was made public," says Whitby.

Analysis

STEPHEN BALKAM,
FAMILY ONLINE SAFETY INSTITUTE

- Read the terms of use of the website that you intend to use; many have rules about the minimum age of users.
- Keep in mind that the Internet is a public place; references to your child will be available forever and a child's reputation can be impacted.
- Set your privacy settings carefully and consider sharing only with immediate family and friends.
- Consider exactly what information you are sharing and with whom you are sharing it. Don't use full names and avoid personally-identifiable information.
- Children view their parents as a source for what is appropriate and inappropriate behaviour online. Parents should only post information that they would feel comfortable with their child posting of themselves as they get older. For more info, visit fosi.org.

Fill up on chunky chowder

This Italian-style soup may contain hearty ingredients but it is actually low in fat Complement it with green salad and a crusty whole wheat roll

NEWS CANADA

▶ This recipe serves eight.

To spice things up a bit, increase the hot pepper flakes in this Mushroom, Tomato and Corn Chowder to 1/2 tsp (2 mL).

Variation

Garnish
Top the soup with low fat grated mozzarella or Parmesan cheese.

Preparation:

1. In large saucepan heat oil over medium heat; Add mushrooms, leeks, potato, garlic, oregano, basil and hot pepper flakes; sauté for about 5 minutes. Add water and corn; bring to boil and cover.
2. Reduce heat and simmer for about 5 minutes or until vegetables are tender. Stir in tomatoes, salt and pepper. Bring to a boil; reduce heat to a simmer for about 10 minutes or until hot. Stir in parsley if desired.

NEWS CANADA

Ingredients:

- 2 tbsp (25 mL) olive oil
- 1 lb (500g) sliced fresh mushrooms
- 2 cups (500 mL) chopped leeks (white part only) (about 1 large)
- 1 large potato, peeled and diced
- 2 cloves garlic, minced
- 1 tsp (5 mL) each dried oregano and basil
- 1/4 tsp (1 mL) hot pepper flakes
- 2 cups (500 mL) water
- 2 cups (500 mL) frozen or canned corn kernels
- 1 can (28oz/796mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/3 cup (75 mL) chopped parsley (optional)

MUSHROOMS.CA/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It

Popular casual dining spots, such as Kelsey's and Boston Pizza, offer extensive menus. But if you're not careful, your lunch order could cost you in calories and sodium.

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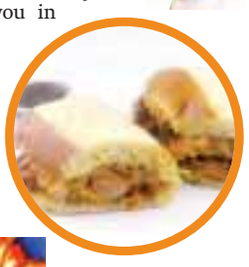

PULLED PORK AT POPULAR KELSEY'S ISN'T THE HEALTHIEST CHOICE. IT CONTAINS CLOSE TO A DAY'S WORTH OF CALORIES AND TWO DAYS WORTH OF SODIUM. IT IS EQUIVALENT TO 2+ BIG BAGS OF DORITOS IN SODIUM.

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Satisfy the entire family with ease

Ingredients that kids are familiar with makes dinner a breeze Try Parmesan Chicken with Rice Krispies

"In order to satisfy everyone, stick to one simple but delicious dish that you know everyone will love," says Trish Magwood, award-winning cookbook author of In My Mother's Kitchen, and mom of three. "Choose a dish that appeals to adults and kids, rather than trying to make numerous dishes. You will be pleasantly surprised to see how much time it saves."

This Parmesan Chicken recipe, a favourite with families, is easy to prepare and cooks in no time. Best of all, it uses fridge and pantry staples, including Rice Krispies, that give it that irresistible crunch.

Preparation:

1. In large plate or shallow pan, combine crushed cereal, Parmesan cheese, basil and oregano. Stir in melted butter.
2. In bowl, beat egg and milk slightly. Stir in flour and salt; mix until smooth. Dip chicken in batter, then coat with cereal mixture. Place in single layer on foil or parchment lined baking sheet.
3. Bake in 180°C (350°F) oven for about 35 minutes or until no longer pink in centre. (Do not cover or turn chicken while cooking).

NEWS CANADA/ TRISH MEGWOOD/ ADAPTED BY EMILY RICHARDS (A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA).

Ingredients:

- 750 mL (3 cups) Rice Krispies, crushed to make 375 mL (1 1/2 cups)
- 125 mL (1/2 cup) freshly grated Parmesan cheese
- 2 mL (1/2 tsp) dried basil leaves
- 1 mL (1/4 tsp) dried oregano leaves
- 30 mL (2 tbsp) melted butter
- 1 egg or 2 egg whites
- 75 mL (1/3 cup) 2% milk
- 75 mL (1/3 cup) all-purpose flour
- 2 mL (1/2 tsp) salt
- 6 boneless skinless chicken breasts about (1 kg/2 lbs total)

NEWS CANADA

▶ This recipe serves six.

STAYING GREEN WHILE KEEPING THINGS CLEAN

What remedies do you suggest for cleaning the toilet? ***Nancy of Winnipeg***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

You must try my green cleaning recipe, called all-purpose powder. It's very easy to make — it only takes two ingredients.

In a container, combine a 50:50 mixture of borax and washing soda. Stir and then sprinkle into toilet, scrub and rinse.

This recipe works well with a white vinegar chaser, too.

Don't add vinegar to the powder.

Instead, after scrubbing, pour about half a cup of white vinegar in the toilet.

Let it sit to disinfect and deodorize before flushing.

Add borax and washing soda to your next grocery list — they're key ingredients in most of my favourite green cleaning recipes, available at queenofgreen.ca.

Borax, or sodium borate, is a naturally occurring alkaline mineral salt.

It's effective because it disinfects, fights mould and mildew and whitens.

You can find a box, for about $7, in the laundry aisle of most grocery stores.

Most people will recognize the borax box from their grandmother's pantry.

Washing soda, or sodium carbonate, is more caustic and has a higher pH than its cousin, baking soda.

Fewer mainstream grocery chains carry washing soda, although Arm and Hammer distributes it.

If you can't find it at your local grocer in the laundry aisle, check out health food stores or organic grocers.

Borax and washing soda are found in a host of green cleaning recipes because they are versatile, affordable and eco-friendly.

But even things from nature can be harmful, so store borax and all green cleaning products safely away from children and pets.

Finished products you make should also be clearly labelled.

And don't underestimate baking soda, which on its own lifts dirt, deodorizes and whitens. You can even substitute washing soda for baking soda in this recipe.

David Suzuki Foundation

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So the teacher says...

Dr. Jane Foley is a leading U.S. educator who, as senior vice-president of the Milken Family Foundation, motivates other teachers to do better Here are her thoughts on the 'smart' debate

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METRO WORLD NEWS IN HOLLYWOOD

"We see our students preparing now for a life where we don't even know what their career will be."
DR. JANE FOLEY

How do you define smart?
I'd define it in a number of ways. First of all, it's understanding history and how history shapes the present and future. Next, it's the present: knowing the world around you, physically, but also beyond your surroundings and accepting and appreciating that we live in this global world. It's also important to understand math, science and language, but also how you apply that in your daily and professional life. And then how to access information and discern the value of that information since we're bombarded by info overload.

Is the definition of 'smart' changing?
Yes. Exponentially, and at a rate faster than we've seen in our lifetime. We see our students preparing now for a life where we don't even know what their career will be, so access to this information — it's changing the way all of us have to think, learn and work.

THINKSTOCK.COM

▶ "First of all, some do read Moby-Dick!"

We value 'book smarts' but now there seems to be an additional set of skills required to make it in this world.
It's a hybrid. We want to learn the classics — the past — and our current culture — the present — but we have to evolve with the changes. Books can be hard copies or digital, e-mail, social media, by phone like we're talking now, or a face-to-face meeting. I go to a lot of universities in my job and people still go to libraries! There's still a lust for knowledge.

But some kids don't read Moby-Dick yet they're on Google+. Doesn't that give them the advantage in 2011?
First of all, some do read Moby-Dick! Do they have an advantage? I don't think you can compare. Think of every generation and what they faced. My parents faced WWII, a lot of us lived through the ending of the Cold War, now young people are digital natives. The common denominator is talented people rise to the occasion and lead. The difference today is that it's essential for them to have a national and international focus.

What do kids need to learn in order to make it?
Humility. Flexibility. A lust for knowledge. And a passion to make a difference.

And what do our leaders look like 40 years from now?
It's naive to even think about predicting. I can think back to 40 years ago — we had no idea what 2011 would look like. Even sci-fi movies couldn't predict the future. It's people. People make the future. Someone like Steve Jobs helped shape a generation. We'll always have those people to move us forward.

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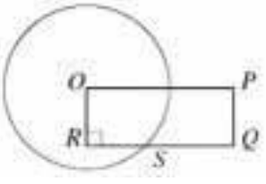
If you were taking a big exam tomorrow, how would you do? Try these sample questions from test prep service Kaplan to find out.

1. If x is an integer, which of the following is NEVER true?
A $x^2 < x^3$
B $x^3 < x^2$
C $x^3 < x$
D $x^2 < x$
E $x^2 < x^4$



2. The figure above shows a rectangle with one of its vertices at the centre of circle O. If rectangle OPQR has a perimeter of 22, OP = 8, and RS = 3, what is the area of the circle?
A 9π
B 18π
C 22π
D 24π
E 30π

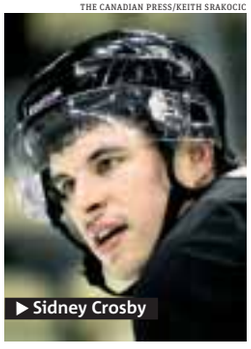
3. Identify the error:
John Updike, like a number
of modern novelists, created
a serialized character, but
unlike other writers, the
saga of
Updike's Rabbit Angstrom
actually won the Pulitzer
Prize for literature.
A like
B of
C other writers
D for literature
E no error

4. Fill in the blanks: Because Roberta had not ____ her company through the usual legal pathways, the Internal Revenue Service considered her firm's tax-exempt status to be a ____ matter.
A established . . disputable
B determined . . confirmed
C verified . . contradictory
D undermined . . adverse
E quantified . . specialized

5. Identify and Correct: The waiter's nervous trembling had frightened some customers; but he was steadier after a few messy spills.
A had frightened some customers; but he was
B had frightened some customers; fortunately, he was
C had frightened some customers; however, he had been becoming
D frightened some customers, fortunately, he was
E frightened some customers, however, he became

MWN
ANSWER KEY:
1. D; 2. B; 3. C; 4. A; 5. B

THE CANADIAN PRESS/KEITH SRAKOCIC



▶ Sidney Crosby

Crosby to return vs. Isles tonight

Sid the Kid is back.

Penguins superstar Sidney Crosby will make his season debut tonight against the New York Islanders in Pittsburgh, his first game in nearly a year since being sidelined with concussion symptoms.

Crosby hasn't played since taking head shots in consecutive games in January against Washington and Tampa Bay.

The 2007 NHL MVP spent the last 10 months undergoing a painstakingly thorough rehabilitation that left him wondering when — or even if — he'd play again.

His return ends weeks of speculation that appeared to put the ever-polite Crosby on edge. The 24-year-old Cole Habour, N.S., native declined repeated interview requests in recent weeks as the speculation about a possible return date reached a fever pitch.

His teammates stressed there was no need for Crosby to rush, and the Penguins have been one of the league's top teams through the season's first six weeks.

Yet they understand they're not the same without Crosby.

"We know what he means to this team, this city," defenceman Kris Letang said. "He's a special player." **THE CANADIAN PRESS**

"We know how badly he wants to play. We want it too, because it means that he's healthy, and that's all you ever really want for him."

PENGUINS FORWARD MATT COOKE ON SIDNEY CROSBY

Bombers' run game ignites in East final

Win puts Winnipeg in position to end 20-year Grey Cup drought

TREVOR HAGAN/THE CANADIAN PRESS

▶ Bombers quarterback Buck Pierce rushes the ball against the Tiger-Cats in Winnipeg yesterday.

Chris Garrett says he's dreamed of winning the Grey Cup and being named most valuable player.

Now the Blue Bombers running back has a chance to accomplish that after rushing 29 times for 190 yards and one touchdown as Winnipeg defeated the Hamilton Tiger-Cats 19-3 in yesterday's CFL East Division Final.

Winnipeg advances to the 99th Grey Cup in Vancouver on Nov. 27 against the B.C. Lions.

"It's getting closer and closer to being true," Garrett said of the dream where he scores a pair of touchdowns. "But there's some work to be done to get to that stage. I'm just ready to work so I can get there."

BOMBERS	TICATS
19	3

Defensive lineman Jason Vega scored Winnipeg's other touchdown as a receiver and Justin Palardy booted field goals from 22 and 37 yards.

It was the rookie Vega's second reception this season and his first career TD will go down as a three-yard pass from backup quarterback Alex Brink.

Bomber quarterback Buck Pierce had missed his team's last regular-season game with a sprained knee suffered Oct. 28 in Toronto.

He was limping a bit during the game, but that wasn't too surprising considering he ran nine times for 66 yards and completed 16-of-28 passes for 175 yards with one interception.

Winnipeg's domination started after Vega scored his TD at 4:25 of the second and Palardy followed it up with his 22-yarder. The Bombers led 10-3 at the halftime.

Palardy connected on his 37-yarder midway through the third and Garrett dove in for a three-yard TD as time expired. Winnipeg didn't attempt a convert.

The Blue Bombers finished with 271 yards rushing to the Tiger-Cats' 39 yards. **THE CANADIAN PRESS**

Lions staying home for Grey Cup

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Lions quarterback Travis Lulay.

The B.C. Lions will get a chance to win the Grey Cup on home turf.

An interception by defensive back Korey Banks helped the Lions score two touchdowns in 2:26 of the second quarter as B.C. rolled over the Edmonton Eskimos 40-23 in the CFL West Final yesterday.

Quarterback Travis Lulay threw for 313 yards, a pair of touchdown passes and 61-yard scoring run.

LIONS	ESKIMOS
40	23

"This is huge," said Lulay. "This is the pinnacle of what we do — having an opportunity to play in the Grey Cup game.

Lulay hit Geroy Simon on a 53-yard TD and tossed a 14-yard strike to Andrew Harris as the Lions broke open a close game with 20 points in the second quarter. **THE CANADIAN PRESS**

4 sports

Quoted

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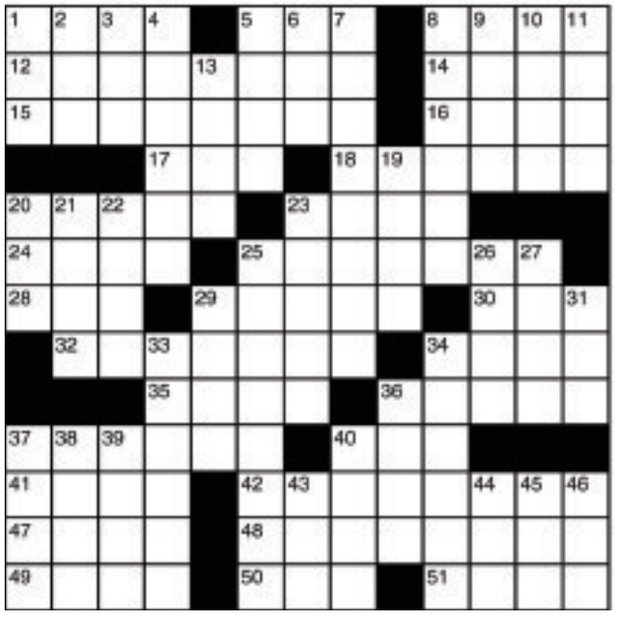


Across
1 Heights (Abbr.)
5 Madam's counterpart
8 Droops
12 Trust
14 Hint
15 Bribe
16 Unusual
17 Small barrel
18 The hot wings caused his downfall
20 Maximum
23 Winter precip
24 First man
25 Table tennis tools
28 Ottoman ruler
29 Indeed
30 Existed
32 VIP
34 Lima's land
35 Humor writer Bombeck
36 High nest
37 Deli meat
40 Have debts
41 Advertisement
42 Close associate
47 Top-notch
48 DNA, on "CSI"
49 Burn somewhat
50 Upper House member (Abbr.)
51 TV host Carson

Down
1 Noah's boat
2 Island memento
3 Pampering, for short
4 Himalayan region
5 Unforeseen problem
6 Former transp. agency
7 Arouse anew
8 Write sloppily
9 Winged
10 Mentor
11 Gets a glimpse of
13 Aid and —
19 Buffalo Bill's last name
20 Science workroom
21 Mid-month date
22 "Hold the —"
23 Finnish bath
25 Vows
26 Basin accessory
27 Hindu wrap
29 Expression
31 Take to court
33 Scanty
34 Cheated at hide-and-seek
36 Dumbstruck
37 Health resorts
38 Lotion additive
39 Moon goddess
40 Valhalla bigwig
43 "— Got a Secret"
44 — moment
45 M divided by IV
46 Indispensable

▶ Thursday's answer

Sudoku

	5	6					3	
1					7		4	
3			2		6	5		
	1			7		8		9
8		7		4			6	
		2	1		9			8
	3		8					6
	4					2	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Thursday's answer ▶

5	2	1	7	8	4	6	3	9
4	9	8	3	5	6	7	2	1
7	6	3	2	1	9	4	5	8
6	3	2	5	4	8	9	1	7
9	7	5	6	3	1	2	8	4
1	8	4	9	7	2	3	6	5
2	4	7	1	6	5	8	9	3
8	5	6	4	9	3	1	7	2
3	1	9	8	2	7	5	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Friends
Hey friends!!! Look at us go, the fall term of university of our 1st year is almost over! If I'm lucky you'll be reading this with a huge smile on your face when you're on your way to school. Different faculties and schedules, I miss seeing you guys! Good luck on your finals and can't wait to catch up with you once all this craziness is over! Smiles, TChow
FROM TCHOW

RT14344
Happy Anniversary, my love!
FROM THE OBVIOUS

To 1 Guy
Xtra Xcited zest does Ooo zone done u no wat 2 do. thinking of you. n only you. smile!
FROM 1 GAL

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's time for a change. Make it a big one.

♉ Taurus April 21-May 21 You may have to be ruthless with someone you have dealings with today, especially if they have been wasting your time on trivialities.

♊ Gemini May 22-June 21 You can make yourself happy or you can make yourself sad – it takes the same effort.

♋ Cancer June 22-July 22 What the planets are trying to tell you is that you have been pushing yourself too hard. Ease up.

♌ Leo July 23-Aug.23 Set your own targets and make your own rules. All things are possible now.

♍ Virgo Aug. 24- Sept. 22 Sit down with loved ones and discuss what has gone wrong – and what needs to be done to bring back the good times.

♎ Libra Sept. 23-Oct. 23 No matter how many misunderstandings there may have been in recent weeks the approaching solar eclipse will make getting through to other people very easy indeed.

♏ Scorpio Oct. 24-Nov. 22 Less is more, for now.

♐ Sagittarius Nov. 23-Dec. 21 A little bit of optimism will go a long way over the coming week

♑ Capricorn Dec. 22-Jan. 20 You cannot be bothered with trivialities. It's the big questions that excite you.

♒ Aquarius Jan. 21-Feb. 18 Beneath the surface people everywhere are pretty much the same, so reach out and make contact

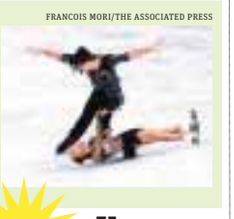
♓ Pisces Feb. 19-March 20. You will be under a lot of pressure today, but there is no doubt at all that you can handle it, so don't panic

SALLY BROMPTON

GERALD HERBERT/THE ASSOCIATED PRESS

Caption contest

FRANCOIS MORI/THE ASSOCIATED PRESS



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